



XBOX 360

KINECT™



⚠ WARNING Before playing this game, read the Xbox 360® console instructions, Kinect sensor manual, and any other peripheral manuals for important safety and health information. Keep all manuals for future reference. For replacement hardware manuals, go to www.xbox.com/support or call Xbox Customer Support.

For additional safety information, see the inside back cover.

Important Health Warning About Playing Video Games

Photosensitive Seizures

A very small percentage of people may experience a seizure when exposed to certain visual images, including flashing lights or patterns that may appear in video games. Even people who have no history of seizures or epilepsy may have an undiagnosed condition that can cause these "photosensitive epileptic seizures" while watching video games.

These seizures may have a variety of symptoms, including lightheadedness, altered vision, eye or face twitching, jerking or shaking of arms or legs, disorientation, confusion, or momentary loss of awareness. Seizures may also cause loss of consciousness or convulsions that can lead to injury from falling down or striking nearby objects.

Immediately stop playing and consult a doctor if you experience any of these symptoms. Parents should watch for or ask their children about the above symptoms—children and teenagers are more likely than adults to experience these seizures. The risk of photosensitive epileptic seizures may be reduced by taking the following precautions: Sit or stand farther from the screen; use a smaller screen; play in a well-lit room; and do not play when you are drowsy or fatigued.

If you or any of your relatives have a history of seizures or epilepsy, consult a doctor before playing.

PEGI ratings and guidance applicable within PEGI markets only.

What is the PEGI System?

The PEGI age-rating system protects minors from games unsuitable for their particular age group. PLEASE NOTE it is not a guide to gaming difficulty. Comprising two parts, PEGI allows parents and those purchasing games for children to make an informed choice appropriate to the age of the intended player. The first part is an age rating:



The second is icons indicating the type of content in the game. Depending on the game, there may be a number of such icons. The age-rating of the game reflects the intensity of this content. The icons are:



For further information visit <http://www.pegi.info> and pegionline.eu

KINECT™ ADVENTURES!

TABLE OF CONTENTS

Setting Up Your Kinect Play Space	2
Tips for Playing with Kinect.	4
Magic Hands, Hovering over Menus	6
Help!	7
Adventurers Spirit & History	8
Going on Adventures.	9
Rallyball.	10
River Rush.	12
Reflex Ridge.	14
Space Pop.	16
20,000 Leaks.	18
Collecting Your Rewards	23
Show Off & Share	24
Xbox LIVE	26
Playing Kinect Safely	29

The Kinect™ team is always working to make your Kinect gaming experience the best it can be. Please visit **Xbox.com/KinectAdventures** for the latest support and information about using Kinect and *Kinect Adventures!*

THIS BOOK BELONGS TO:



SETTING UP YOUR KINECT PLAY SPACE

The most important things to remember when you set up your play space are:

- Put the sensor in a place where it can see you.
- Don't stand too close to the sensor or too far away.
- Get stuff out of your way.

You can put your Kinect sensor below or just above your television, near the edge of the table or stand. If you put it on top of your television, be sure to secure it with a clip! Remember, these games involve a lot of movement. You want your sensor to be stable.



WHY SHOULD YOU CALIBRATE?

The Kinect sensor works like a camera: The farther back you are, the more of you it can see (especially if you're tall)! If you stand too close, Kinect can't see your entire body and it will need to adjust its viewing angle during play.

Please follow the calibration instructions carefully and stand where you have enough room to play. Don't stand on furniture or bend backwards over your couch! Calibration helps Kinect to understand the size of your play space and give you the best play experience possible.

And don't put a coffee table where your shin might go!



HOW MUCH ROOM DO YOU HAVE?

If you have a small play space, don't worry! Here are some tips to help you get the most fun out of your play time.

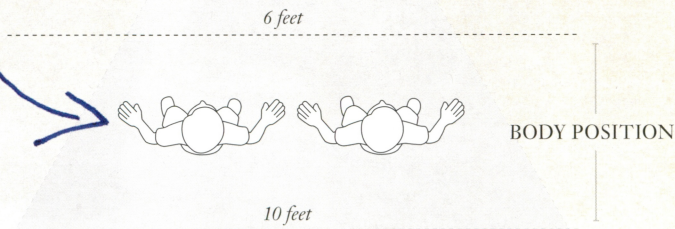
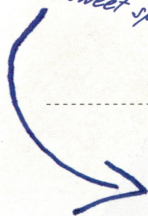
For one player at a time, you must be able to stand at least 6 feet from the sensor to calibrate. The best distance for one or two players is 8 feet.

If you don't have that much space, you can play closer to the sensor and still have a great experience. You will just need to take turns if you have more than one player.

If you can comfortably stand 8 feet back from the sensor, then two people can play at the same time. You can join at any time. All you have to is walk up and play!



*8 feet with 2 players
is the sweet spot*



TIPS FOR PLAYING WITH KINECT

LIGHTING

You can play in dim lighting or bright lighting. But remember:

- Direct sunlight might interfere with the sensor.
- Good lighting helps the sensor recognise you.

FACE THE SENSOR

The sensor wants to see you. It's tracking your body, so it's best if it can see the whole front of you.

GIVE EACH OTHER SPACE!

When two of you are playing at once, try to give each other space. This will ensure that:

- Everyone can move freely.
- There are no collisions.
- The technology that reads your body position will be able to tell that you're two separate people.



*Also, Photo Moments are better
in more light, just like with
any camera.*



MORE TIPS

POSITION THE SENSOR WELL

Remember, the sensor needs to see you clearly. If you (or your cat) happen to bump the sensor, no worries! Just put it back where you want it and it will recalibrate automatically.

DON'T WEAR FLOPPY CLOTHES

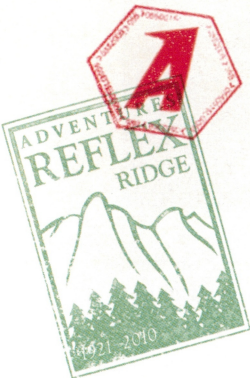
If you're wearing a jacket with big, floppy sleeves, a skirt, or a dress, Kinect might think they're extra body parts. When possible, wear clothing that conforms to the basic shape of your body.

HAVE GOOD HAND POSITION

The best way to navigate the on-screen menus is to hold your hand straight out in front of you, with your palm facing the TV screen. Pretend you're directing traffic, and you're telling cars to stop. That's the perfect position.

Hands forward palm facing out

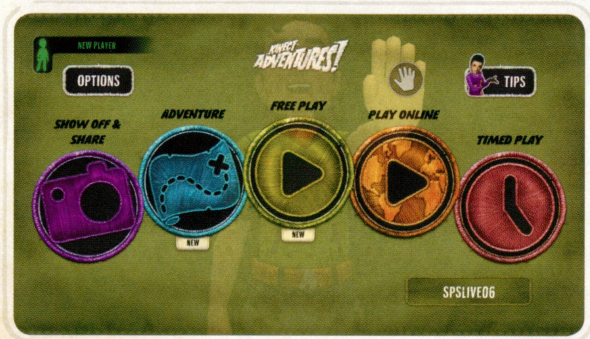
It helps to keep your shoulders square to the screen



MAGIC HANDS, HOVERING OVER MENUS

So, you're standing in front of your perfectly placed Kinect sensor. You've turned on your Xbox 360 and loaded *Kinect Adventures!* What's next?

Try this: Wave your right hand slowly in circles in front of you. See the hand icon on the screen moving with your hand? That means everything's working! (If it's not working, go back to page 2 and check your setup again.)



Now, move your hand so the hand icon is positioned over any on-screen menu item you want to select, and hold it there.




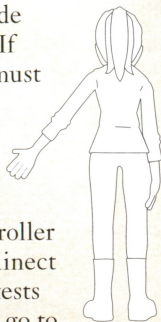
A blue circle fills in around the hand icon to show you the item is being selected. When the circle is complete, the item is selected.

HELP! (THE GUIDE GESTURE)

Remember to use your left hand to call up help!

For help with Kinect, activate the Kinect™ Guide by holding your left hand out to your lower left. If you are in the middle of playing the game, you must select **Kinect Guide** on the **Pause** menu.

If you think Kinect is having trouble seeing you, hold your hand out to your lower left (activates the Kinect Guide, which includes the Kinect Tuner), or press  on your Xbox® Controller (activates the Xbox Guide, which includes the Kinect Tuner). The tuner will walk you through some tests to make sure Kinect can see you. For more help, go to www.xbox.com/support.



PICKING YOUR AVATAR

You can jump in and play any time another player is playing alone (as long as you've calibrated for two players and there's physical space for both of you). If you join from the right side of the sensor, you'll be assigned a female avatar. If you join from the left side, you'll get a male avatar. When you enter an activity, you can pick an avatar by selecting the Change Avatar button on the loading screen. If you're signed in to Xbox LIVE®, you can also use your Xbox LIVE avatar.

You can choose the appearance of your avatar, and it first appears dressed in some very basic clothing. But as you play, you're rewarded with better and better gear to wear!

You can show off your gear outside *Kinect Adventures*! Put it on in the Xbox Dashboard and wear it in other avatar-supported games!

ADVENTURERS SPIRIT & HISTORY

The Kinect Adventure Team is for anyone who is willing to get up off the couch and have some fun!

ADVENTURERS' OATH

Kinect Adventurers are always on the move.

Kinect Adventurers know that fun is good for you.

Kinect Adventurers enjoy a challenge.

Kinect Adventurers love to play together.

Kinect Adventurers read the manual!



GOING ON ADVENTURES

What do Adventurers do? They go on Adventures, of course! An Adventure is a related series of activities that provides you with opportunities to win bigger and better rewards. Sometimes an Adventure sticks with one type of activity (such as playing on the Rallyball courts), and sometimes it involves a selection of different activities (such as rafting in River Rush and then playing Rallyball). Either way, completing an Adventure takes you one step closer to reaching the coveted Expert Adventurer status!

To get started on an Adventure, go to the Main Menu and select Adventures. You start with Basic Adventures. Once you've finished those, you move up to more challenging ones. Can you conquer all four levels of difficulty?

Speaking of Rallyball...



RALLYBALL

The Adventure Team's earliest recreational innovation was very simple, but simple can be challenging.

It's played like this: There's a ball in front of you, just floating in the air. Reach out and whack it. Use any body part you want to do this.

There, that was easy! But look out! The ball's coming back at you. Keep aiming it at the blocks in front of you, until all the blocks are gone. Use more than your hands. You might need your entire body... especially when you have multiple balls in play!

HOW TO PLAY

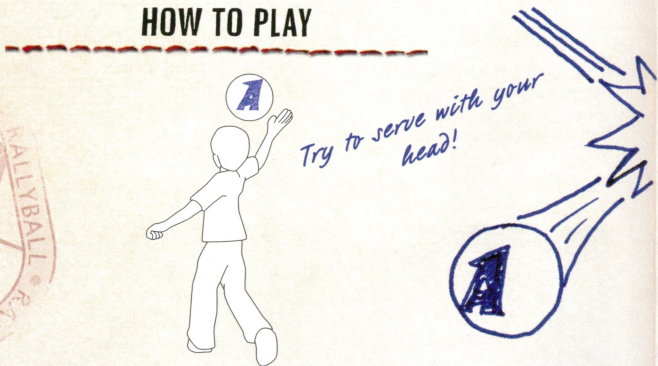


Fig 1. START BY HITTING THE BALL

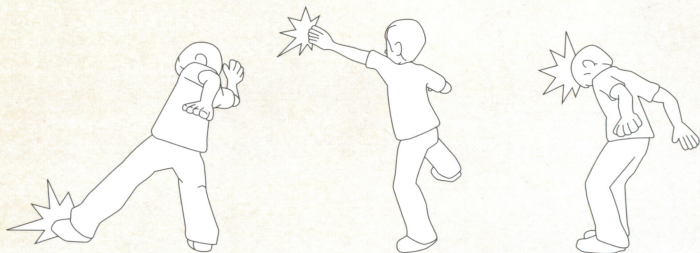


Fig 2. USE ALL YOUR BODY PARTS TO HIT ONCOMING BALLS



TYPES OF RALLYBALLS

Since the early days of Rallyball, refinements have been introduced. These include the technology of Thermal Whackery, in which the ball bursts into flame when struck with sufficient force, and Quantum Multiballery, in which striking multiball pins causes a single ball to multiply, creating a delightful chaos on the Rallyball court.

Here are examples of these uncanny phenomena you should watch out for.



THE VERY PRECISE SURVIVAL GUIDE
FOR WHAT TO DO WHEN YOU SEE A
BALL COMING AT YOU:

Hit it.

RIVER RUSH

In River Rush, you control a raft with your body by moving side-to-side and jumping.

HOW TO PLAY



Fig 1. STEP SIDWAYS TO STEER



Fig 2. JUMP TO ... JUMP!



Fig 3. GRAB PINS OUT OF THE AIR

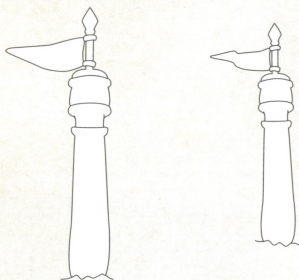


Fig 4. GO BETWEEN MARKERS

Note to self: Only try this at home



A BRIEF HISTORY OF STAND-UP RAFTING

Stand-up rafting has remained an obscure sport, possibly because participants are rarely able to remain in the raft for the length of the entire course. The thrill of this activity is matched only by the relief participants feel when they finish without falling out of the raft.

Fortunately, the lessons the first Adventurers learned in their early stand-up rafting days aided them in creating the stable and easily steerable rafts the Adventure Team uses today.



QUICK TIPS

Your Adventurer raft isn't confined to water. Try platform jumping, skimming a boulder, or rafting on the clouds!

REFLEX RIDGE

Ready to run the gauntlet? Hidden away in the mountains sits the original obstacle machine constructed by the Adventure Team for an ultimate high-altitude fitness test. The important thing to remember is: When you see an obstacle coming at you, get out of the way! Except for the pins you're collecting, that is.

You'll have to jump, duck, step to the right, step to the left, and occasionally reach up and grab pins, which can be counterintuitive when you're reflexively avoiding obstacles, making Reflex Ridge a tricky test of mind and body.

HOW TO PLAY

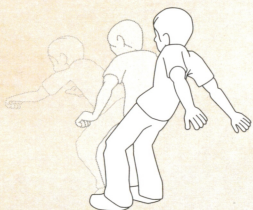


Fig 1. PULL HANDLES TO START



Fig 2. SIDEWAYS TO DODGE

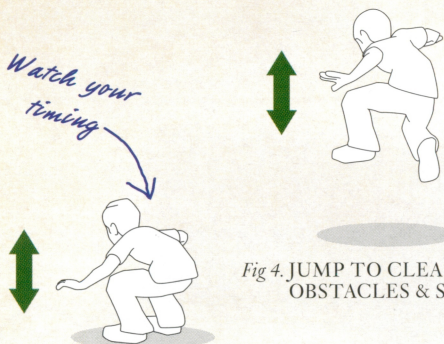


Fig 3. DUCK!

Fig 4. JUMP TO CLEAR LOW OBSTACLES & SPEED UP

For a two-player game, have a friend stand beside you.



Fig 5. REACH FOR PINS



MEDIEVAL GAUNTLETS AND THEIR MODERN INCARNATIONS

In the Middle Ages, during which clothing choices were limited to burlap or chain mail, the gauntlet was a huge, precarious machine full of enormous swinging things. Knights would use these machines as a test of their bravery, or perhaps as a demonstration of their foolhardiness.

The modern obstacle course machine is also a challenge, but a little easier on the limbs. In a spirit of pure adventure, you can challenge yourself as many times as you want, improve your score, and learn from your mistakes. This is a far more constructive approach to adventure.

*When dodging to the side,
keep both of your shoulders
facing the camera!*



SPACE POP

More recently, the Adventure Team found a way to combine two of its members' favourite forms of relaxation—weightlessness and bubble popping—in the team's private space station. Gravity is a harsh mistress, but not around here.

Water bubbles float in the air, and so do you. Pop the bubbles by touching them with your body. ✨

To fly up, just flap your arms as if they're wings. To move to the left or right, step to the left or right, even if your avatar is off the ground. To come down, put your arms down at your sides. To hover off the ground, hold your arms still, straight out to the sides.

HOW TO PLAY



Fig 1. POP BUBBLES WITH BODY



Fig 2. FLAP YOUR ARMS TO FLOAT UP

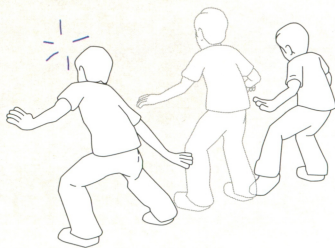


Fig 3. STEP LEFT OR RIGHT TO MOVE



THE PLEASURES OF GRAVITY DEPRIVATION

Gravity deprivation chambers used to involve expensive airplanes diving at high velocity to give passengers the temporary sensation of weightlessness. But now, thanks to the Adventure Team's specially adapted space station, anyone can experience the joys of floating like a bubble.



Fig 4. HOLD YOUR ARMS STRAIGHT OUT TO HOVER



Fig 5. DROP YOUR ARMS TO DESCEND

20,000 LEAKS

Some frisky fish are cracking up the Adventure Team's underwater observatory—literally. Can you save the day?

The fish want a closer look at you, but they keep poking holes in the observatory glass! You'll need to use all available body parts to keep the water from leaking into the room. Hold your hands or feet (or head or knees) over a leak to plug it, then move on to the next one.

If multiple leaks are connected by a crack, you have to plug all of the leaks to seal the crack. And fixing cracks scores you points!

You're gonna be busy.

HOW TO PLAY

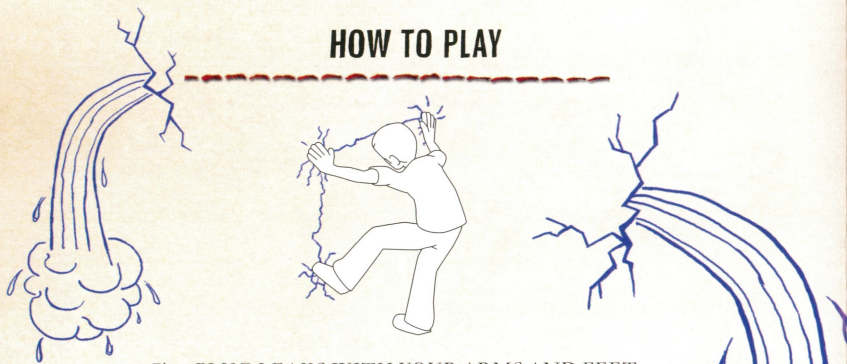


Fig 1. PLUG LEAKS WITH YOUR ARMS AND FEET

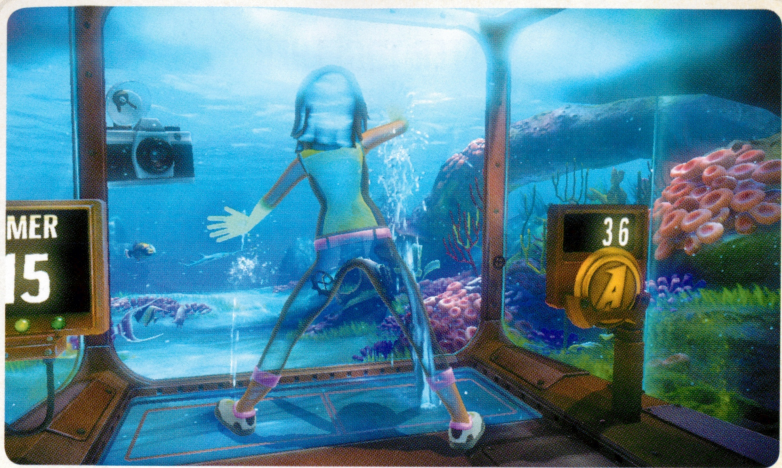
PS: Watch for leaks on floor!

PPS: And on the sides!

PPPS: The ceiling is OK. Whew!

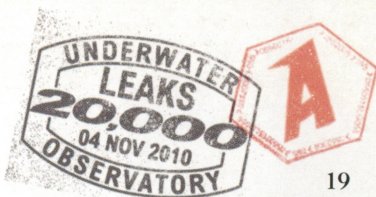


Fig 2. WATCH FOR FLOOR LEAKS



TALES OF DEEP SEA PLUGGERY

Back when ships were all made of wood, the role of Plugger was as vital as it was obscure. Considered the ultimate glory job, well above ship captaincy, Pluggers understandably took great pride in their work. Stationed below decks in the ship's hold, they waited for leaks to spring in the ship's timbers. Each hand was filled with steaming black pitch as they stood at the ready, but in their days as Apprentice Pluggers, they learned to enjoy the bracing heat. You could tell Master Pluggers by the dark stains on both hands, both feet, both knees, and the tops of their heads. According to the ship's log kept by Captain Vertiginous Plankwalker in 1653, *I have seen Josiah Smollett, our Chief of Pluggerie, using both Handes, a Foote, and Knee, and the whole of his Hede, all at the same tyme. There never was a human obstruxion such as hee, who keeps our faire Vessel afloate.*





BETTER TOGETHER



Adventures are more fun with a friend, so why not invite one to play? The first player to sign in is the Primary Player. That player's saved game is used to unlock Adventures and timed mode. A friend can jump in at any time. Just step in, and you'll be in the game. Easy in, easy out!

- Try River Rush with two people and jump higher than one!
- Try Rallyball next to a friend and share the score!
- Try Reflex Ridge and see who can score the highest!

Remember: When you're playing with two people, **stand 8 feet from the sensor during calibration.** That way it can see both of you.



BFFs



TIMED ADVENTURES

Some Adventures challenge you to beat the clock—but there are tricks to that. Be on the lookout for time collectibles in each activity. Look for the time pins in River Rush! When you collect them, they actually add time to the clock, so you can make it to the end before time runs out. A timed Rallyball challenge will have some special time blocks you can hit for the same effect. You have to complete a timed Adventure to unlock Time Challenges.



DOUBLE TIME

Some activities, like Reflex Ridge, have Time Challenges that allow two players to share time when they're playing together. So if one player loses time, both players lose time. If one player earns time, both players earn time.

While many activities have time elements to them, the ability to increase the amount of time on the clock (by gathering special time pins) is a twist that adds to the fun!



COUNTING PINS

Whether or not your challenge is timed, collecting pins is always a good thing. Use any limbs you have available to grab these out of midair. Sometimes, you have to contort your body into all kinds of entertaining shapes to get a series of pins all at once!

CHOOSING YOUR CHALLENGES

You can choose how you complete an Adventure. For example, an Adventure might ask you to earn at least a Silver Medal in three activities. Having a hard time getting that Silver Medal in Space Pop? Try Reflex Ridge instead. You have multiple opportunities to earn the medal, so pick the activities you're best at, or challenge yourself to get better at others. In *Kinect Adventures!* you can play the way you want to!



COLLECTING YOUR REWARDS

There are all sorts of awards for completing Adventures and challenges.

MEDALS

Earn medals for your performance in each activity. Winning the right medals leads to trophies that come to life!



BRONZE



SILVER



GOLD

ADVENTURE GEAR



As you progress through different challenges, you receive new accessories for your Kinect Adventure Team uniform. When you reach Expert status, your uniform is complete and you have bragging rights for your decked-out Xbox LIVE avatar!

LIVING STATUES

Normal trophies stand still and make no sound, dignified testaments to past heroes and their accomplishments.

Adventure Team trophies, known as Living Statues, dance and move just like you do! When you earn one, the game prompts you to celebrate. Your Living Statue reflects your voice and movement, becoming a unique tribute to your triumph!



I named my shark Cuddles

SHOW OFF & SHARE

Kinect Adventures! reflects your experience as a player. Not only can you customise your Living Statues, but the game takes pictures of you as you play. You can also chat with your friends and show off your Xbox LIVE achievements.

If you have an Xbox LIVE membership, you can upload and share content from your game with your friends at **KinectShare.com**. The game will ask your permission before sharing any of your content. To upload and access your content:

1. Select Show Off & Share in the Main Menu.
2. Choose the content you want to upload and follow the directions. (*Kinect Adventures!* will ask you before sharing any of your content.)
3. Go to **KinectShare.com**.
4. Log in with your Xbox LIVE gamertag to access your content.


Your Xbox 360 console displays messages when your friends are online or playing *Kinect Adventures!* and provides other useful information. To interact with these messages, use the Guide Gesture (see page 7 for instructions).



IF YOU DON'T WANT TO SHARE

Kinect Adventures! doesn't share your content without asking first, but some people, and some people's parents, want to keep their information extra private. Here's how to keep things private in your house.

PARENTAL CONTROLS

Press  on your Xbox 360 Controller to bring up the Xbox Guide, and then:

1. Navigate to **My Xbox**.
2. Select your profile.
3. Select **Online Safety**, and then **Change Settings**.
4. On the **Online Safety Settings** screen, select **Customize**.

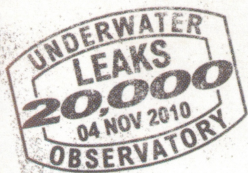
The **Customize Online Safety Settings** screen allows you to set any rules you want to apply to any Xbox LIVE child profiles that are stored on your Xbox 360 console. For example:

- To control who can see your Kinect content (such as pictures and videos), adjust the **Kinect Sharing** options (under **Privacy**).
- To specify whether you can see user-created content on Xbox LIVE, adjust the **Member Content** setting (under **Content**).
- To prevent your Xbox 360 console from saving the pictures Kinect takes of you, adjust the **Kinect Sharing** options (under **Privacy**).

FEELING SHY?

Even if you have no parental controls set on your Xbox console, you may not want to use voice chat and share photos when you play online.

The game will ask your preference before it shares content. It will not share without your consent.



XBOX LIVE

What's your gamertag?

Xbox LIVE is the online game and entertainment service for Xbox 360. Just connect your console to your broadband Internet service and join for free. You can get free game demos and instant access to HD movies (sold separately)—with Kinect, you can control HD movies with the wave of a hand. Upgrade to an Xbox LIVE Gold Membership to play games online with friends around the world and more. Xbox LIVE is your connection to more games, entertainment, and fun. Go to **Xbox.com/live** to learn more.

CONNECTING

Before you can use Xbox LIVE, connect your Xbox 360 console to a high-speed Internet connection and sign up to become an Xbox LIVE member. For more information about connecting, and to determine whether Xbox LIVE is available in your region, go to **Xbox.com/live**.

FAMILY SETTINGS

These easy and flexible tools enable parents and caregivers to decide which games young game players can access based on the content rating. Parents can restrict access to mature-rated content. Approve how and with whom your family interacts online with the Xbox LIVE service, and set time limits on how long they can play. For more information, go to **Xbox.com/familysettings**.



Xbox Customer Support

	PSS*	TTY**
Australia1	800 555 741	1 800 555 743
Österreich	0800 281 360	0800 281 361
Belgique/		
België/Belgien	0800 7 9790	0800 7 9791
Česká		
Republika	800 142365	
Danmark	80 88 40 97	80 88 40 98
Suomi/Finland	0800 1 19424	0800 1 19425
France	0800 91 52 74	0800 91 54 10
Deutschland	0800 181 2968	0800 181 2975
Ελλάδα	00800 44 12 8732	00800 44 12 8733
Magyarország	06 80 018590	
Ireland	1 800 509 186	1 800 509 197
Italia	800 787614	800 787615
Nederland	0800 023 3894	0800 023 3895
New Zealand	0508 555 592	0508 555 594
Norge	800 14174	800 14175
Polska	00 800 4411796	
Portugal	800 844 059	800 844 060
Россия	8 (800) 200-8001	
España	900 94 8952	900 94 8953
Saudi	800 8443 784	
Slovensko	0800 004 557	
Sverige	020 79 1133	020 79 1134
Schweiz/Suisse/		
Svizzera	0800 83 6667	0800 83 6668
South Africa	0800 991550	
UAE	800 0 441 1942	
UK	0800 587 1102	0800 587 1103

***PSS** – Product Support Services; Produkt-Supportservices; Services de Support Technique; Produktsupporttjenester; Tuotetuki; Produktsupport; Υπηρεσία υποστήριξης πελατών; Supporto tecnico; Serviço de Apoio a Clientes; Servicio de soporte técnico; Serviços de Suporte ao Produto; Služby podpory produktov; Dział wsparcia technicznego produktu; Műszaki terméktámogatás; Služby produktovoj podpory; Службы поддержки продуктов.

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WWW.XBOX.COM/KINECTADVENTURES

To see credits for people who worked on this game,
go to www.microsoft.com/games/mgsgamecatalog.

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Warranty

Microsoft Corporation ("Microsoft") warrants that this Game will perform substantially as described in the accompanying manual for a period of 90 days from the date of first purchase. This limited warranty is void if any difficulties with the Game are related to accident, abuse, virus or misapplication. Microsoft does not make any other warranty or promise about the Game.

Your remedies

If you discover a problem with the Game covered by this warranty within the 90 day period, return it to your retailer along with a copy of the original sales receipt. Your retailer will, at its option, (a) repair or replace the Game, free of charge, or (b) return the price paid. Any replacement Game will be warranted for the remainder of the original warranty period or 30 days from receipt, whichever is longer. To the extent that you could have avoided damages by taking reasonable care, Microsoft will not be liable for such damages

Statutory rights

You may have statutory rights against your retailer which are not affected by Microsoft's limited warranty.

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The following terms apply to the maximum extent permitted by applicable law.

No other warranties

Microsoft and its suppliers disclaim all other warranties and conditions, either express or implied, with respect to the Game and the accompanying manual.

Limitation of liability

Neither Microsoft nor its suppliers shall be liable for any damages howsoever caused arising out of or in any way related to the use of or inability to use the Game, even if Microsoft or any supplier has been advised of the possibility of such damages. In any case, Microsoft's and its suppliers' entire liability is limited to the amount actually paid by you for the Game.

For questions regarding this warranty contact your retailer or Microsoft at:

Microsoft Ireland Operations Limited
Sandyford Industrial Estate
Blackthorn Road
Dublin 18
Ireland

Playing Kinect Safely

Make sure you have enough space so you can move freely while playing.

Gameplay with Kinect may require varying amounts of movement. Make sure you won't hit, run into, or trip over other players, bystanders, pets, furniture, or other objects when playing. If you stand or move during gameplay, you need good footing.

Before playing: Look in all directions (right, left, forward, backward, down, and up) for things you might hit or trip over. Be sure your play area is far enough away from windows, walls, stairs, etc. Make sure there is nothing you might trip on—for example, toys, furniture, loose rugs, children, pets, etc. If necessary, move objects or people out of the play area. Don't forget to look up—be aware of light fixtures, fans, or other objects overhead when assessing the play area.

While playing: Stay far enough away from the television to avoid contact. Keep enough distance from other players, bystanders, and pets—this distance may vary between games, so take account of how you are playing when determining how far away you need to be. Stay alert for objects or people you might hit or trip on—people or objects can move into the area during gameplay, so you should always be alert to your surroundings.

Make sure you always have good footing while playing. Play on a level floor with enough traction for the game activities, and make sure you have appropriate footwear for gaming (no high heels, flip flops, etc.) or are barefoot if appropriate.

Before allowing children to use Kinect: Determine how each child can use Kinect and whether they should be supervised during these activities. If you allow children to use Kinect without supervision, be sure to explain all relevant safety and health information and instructions. **Make sure children using Kinect play safely** and within their limits, and make sure they understand proper use of the system.

To minimize eyestrain from glare: Position yourself at a comfortable distance from your monitor or television and the Kinect sensor; place your monitor or television and Kinect sensor away from light sources that produce glare, or use window blinds to control light levels; choose soothing natural light that minimizes glare and eyestrain and increases contrast and clarity; and adjust your monitor's or television's brightness and contrast.

Don't overexert yourself. Gameplay with Kinect may require varying amounts of physical activity. Consult a doctor before using Kinect if you have any medical condition or issue that affects your ability to safely perform physical activities or if: You are or may be pregnant; you have heart, respiratory, back, joint, or other orthopedic conditions; you have high blood pressure or difficulty with physical exercise; or you have been instructed to restrict physical activity. Consult your doctor before beginning any exercise routine or fitness regimen that includes Kinect. Do not play under the influence of drugs or alcohol, and make sure your balance and physical abilities are sufficient for any movements while gaming.

Stop and rest if your muscles, joints, or eyes become tired or sore. If you experience excessive fatigue, nausea, shortness of breath, chest tightness, dizziness, discomfort, or pain, STOP USING IMMEDIATELY, and consult a doctor.

See the Healthy Gaming Guide at www.xbox.com for more information.

KINECT ADVENTURES!

Activity Points



River Rush markers: 6



Pull bars: 4



Other obstacles: 3



Rallyballs: 1 per hit



Pin targets: 5



Pop Rallyballs: 2



Leaks: 2



Bubbles: 1